



Preparing for

# DEPLOYMENT?

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This presentation gives only general advice about preparing for deployment. It does not necessarily describe particular situations you may encounter. You should ask a qualified expert or professional for advice about your particular situation.

Deployment  
affects  
the whole  
family.





# The 2 sides of deployment

- the emotional
- the practical



What you do  
now  
makes all the  
difference.



# Agenda

- Getting started
- Helping children prepare
- Couples and deployment
- Practical matters
- Deployment days
- Getting ready for reunion



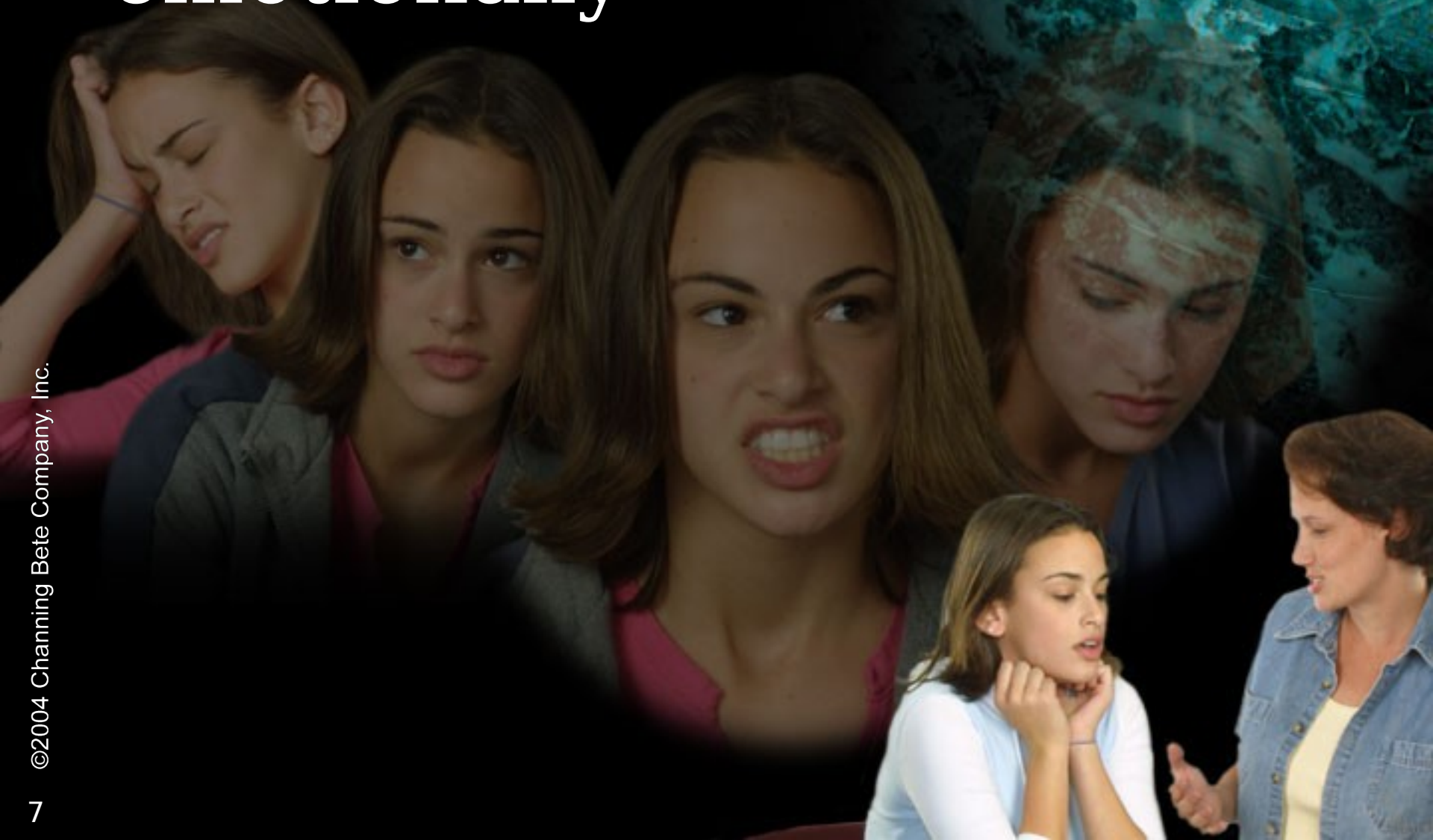


# What exactly is deployment?

- a military mission
- temporary
- a proud event



# Getting started... emotionally





# Helping children cope,

- They're always loved.
- It's nothing they said or did.
- All feelings are OK.





Don't forget  
your  
own feelings.  
You both may feel:

- moody
- angry
- guilty
- scared
- overwhelmed



# Talk about it.

- Accept your feelings.
- Accept his/her feelings.
- Keep talking.  
And listening.





# Set goals together



# The time to plan is now!

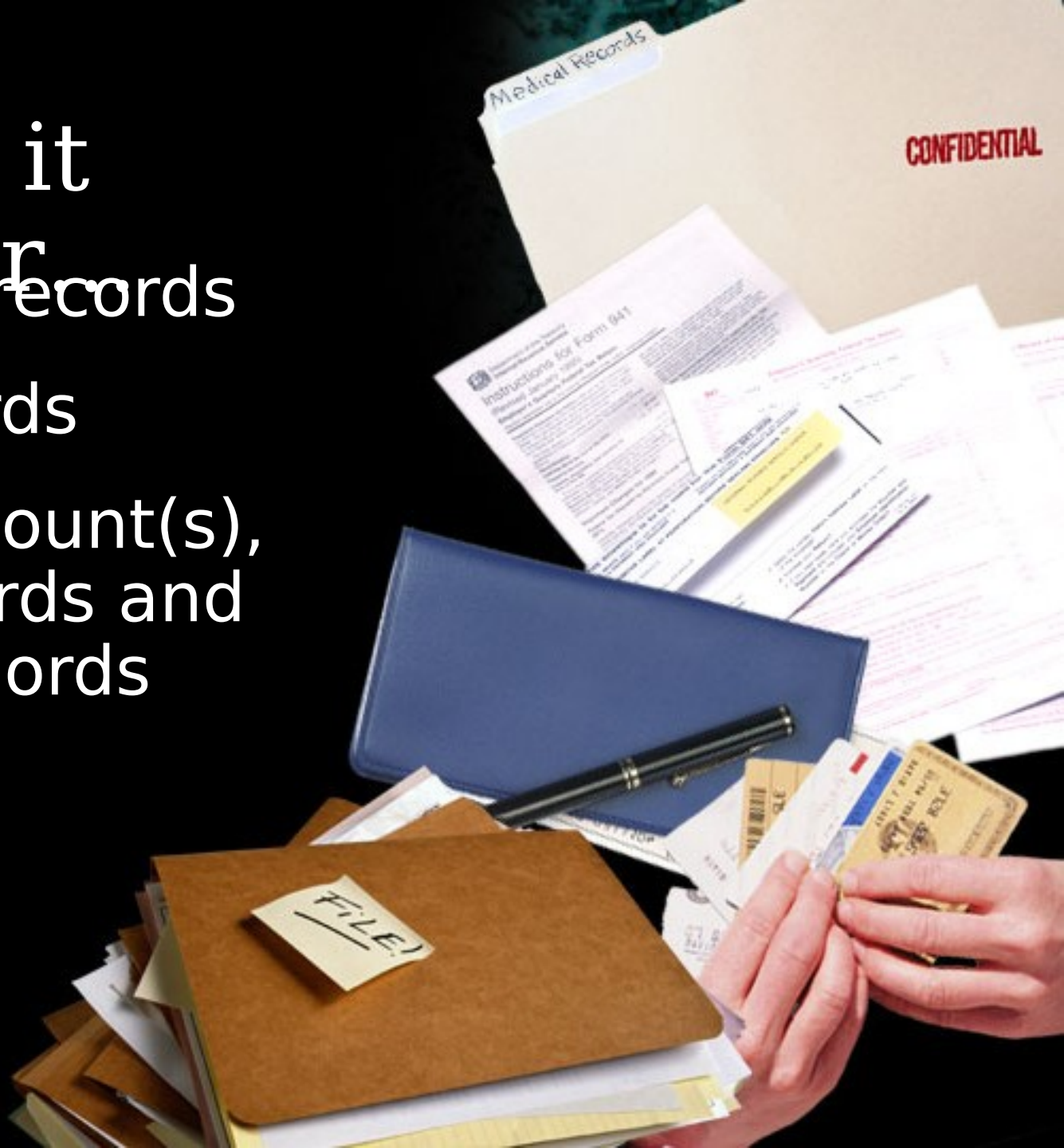
- Get important documents in order.
- Set a “deployment budget.”
- Make your Family Care Plan.





# Getting it together

- medical records
- tax records
- bank account(s),  
credit cards and  
other records



# Getting legal matters in order

- a will
- Record of Emergency Data
- estate plan
- power of attorney





# What is a Family Care Plan?

An FCP should include:

- medical records
- important names/addresses
- legal guardian and power of attorney

**GENERAL  
POWER OF ATTORNEY**

*Children's medical records*



# What's your deployment budget?

- Review current expenses.
- Factor in changes.
- Write it down.





# Get your IDs!

- Enroll your family in DEERS.
- Learn about TRICARE.



# Prepare for emergencies

- emergency numbers
- evacuation plan
- emergency kit





# Helping children during deployment.

- Keep talking.
- Share feelings.
- Stick to your routine.
- Stay in touch.
- Have fun.



# Family wellness

- Eat healthy meals/snacks.
- Exercise.
- Get enough sleep.
- Manage stress.





# Tips for staying in touch



# Be a good listener.

- For the person deployed...
- For the person at home...





# Preparing for reunion

- service members
- loved ones at home
- children



# Celebrate every day!

- Keep talking.
- Be patient.
- Accept change.





# Sources of help

- Air Force: [www.af.mil](http://www.af.mil) or [www.afrc.af.mil](http://www.afrc.af.mil) (Reserves)
- Army: [www.army.mil](http://www.army.mil) or [www.army.mil/usar](http://www.army.mil/usar) (Reserves)
- Coast Guard: [www.uscg.mil](http://www.uscg.mil) or [www.uscg.mil/hq/reserve/reshmpg.html](http://www.uscg.mil/hq/reserve/reshmpg.html) (Reserves)
- Marines: [www.usmc.mil](http://www.usmc.mil) or [www.marforres.usmc.mil](http://www.marforres.usmc.mil) (Reserves)
- Navy: [www.navy.mil](http://www.navy.mil) or [www.navalreserve.com](http://www.navalreserve.com) (Reserves)
- National Guard: [www.arng.army.mil](http://www.arng.army.mil) (Army)  
or [www.ang.af.mil](http://www.ang.af.mil) (Air)



# To-do list

- Learn more about deployment.
- Help your family prepare.
- Stay positive.
- Stay in touch.
- Enjoy reunion.

**Any questions?**